

CLINIC NEWSLETTER

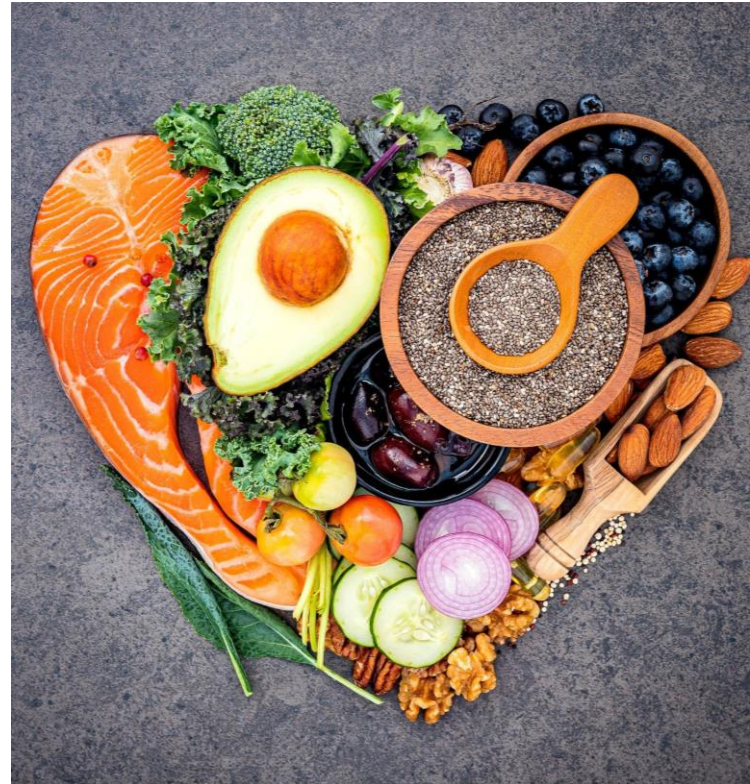
SEPTEMBER 2024 | LET'S TALK: NUTRITION

WHAT ARE MACRONUTRIENTS?

Nutritional macros, or macronutrients, are the chemical compounds your body needs in significant amounts to function effectively. They include carbohydrates, proteins, and fats. Each serve a distinct purpose:

- **Carbohydrates** provide your primary source of energy.
- **Proteins** are crucial for muscle repair and growth.
- **Fats** support cell structure, hormone production, and long-lasting energy.

Balancing these nutritional macros is essential for maintaining optimal health and meeting dietary goals.



Check our website for a simple Macro Tracker Template to print this month!

EXAMPLES OF MACROS





WHAT ABOUT *MICRO* NUTRIENTS?

Micronutrients are the essential vitamins and minerals that the body needs in smaller amounts (compared to macro nutrients). Despite being required in smaller quantities, micronutrients play vital roles in maintaining health, supporting bodily functions, and preventing diseases.

A balanced diet rich in fruits, vegetables, whole grains, and lean proteins typically provides enough vitamins and minerals to meet your daily needs. Supplements can help you make up any deficit you may have. Ask your PMR clinic how to find out if your daily needs are being met!

KEY MICRONUTRIENTS INCLUDE:

Vitamins:

- Water-Soluble Vitamins: (e.g., Vitamin C, B-vitamins) help with energy production, immune function, and nervous system health.
- Fat-Soluble Vitamins: (e.g., Vitamins A,D,E,K) support vision, bone health, antioxidant activity, and blood clotting.

Minerals:

- Macrominerals: (e.g., calcium, magnesium, potassium) are important for bone health, muscle function, and maintaining fluid balance.
- Trace Minerals: (e.g., iron, zinc, selenium) are involved in oxygen transport, immune function, and antioxidant defense.



Need an appointment? Have questions?

Call 317-346-7970

Email pmrjmh@pmrhealthcare.com

Go online to www.pmrjmhfranklin.com
Use Code: *PMRjmh2023!*

Visit 1159 W Jefferson St, Ste 101, Franklin IN

Check website for current clinic hours

NEW HOURS!

Mon, Wed, Fri
8:00am – 5:00pm
(closed 12-1 for lunch)

Tue, Thu
7:00am – 3:30pm

Note: The doors into the 1159 building unlock at 6:50am